

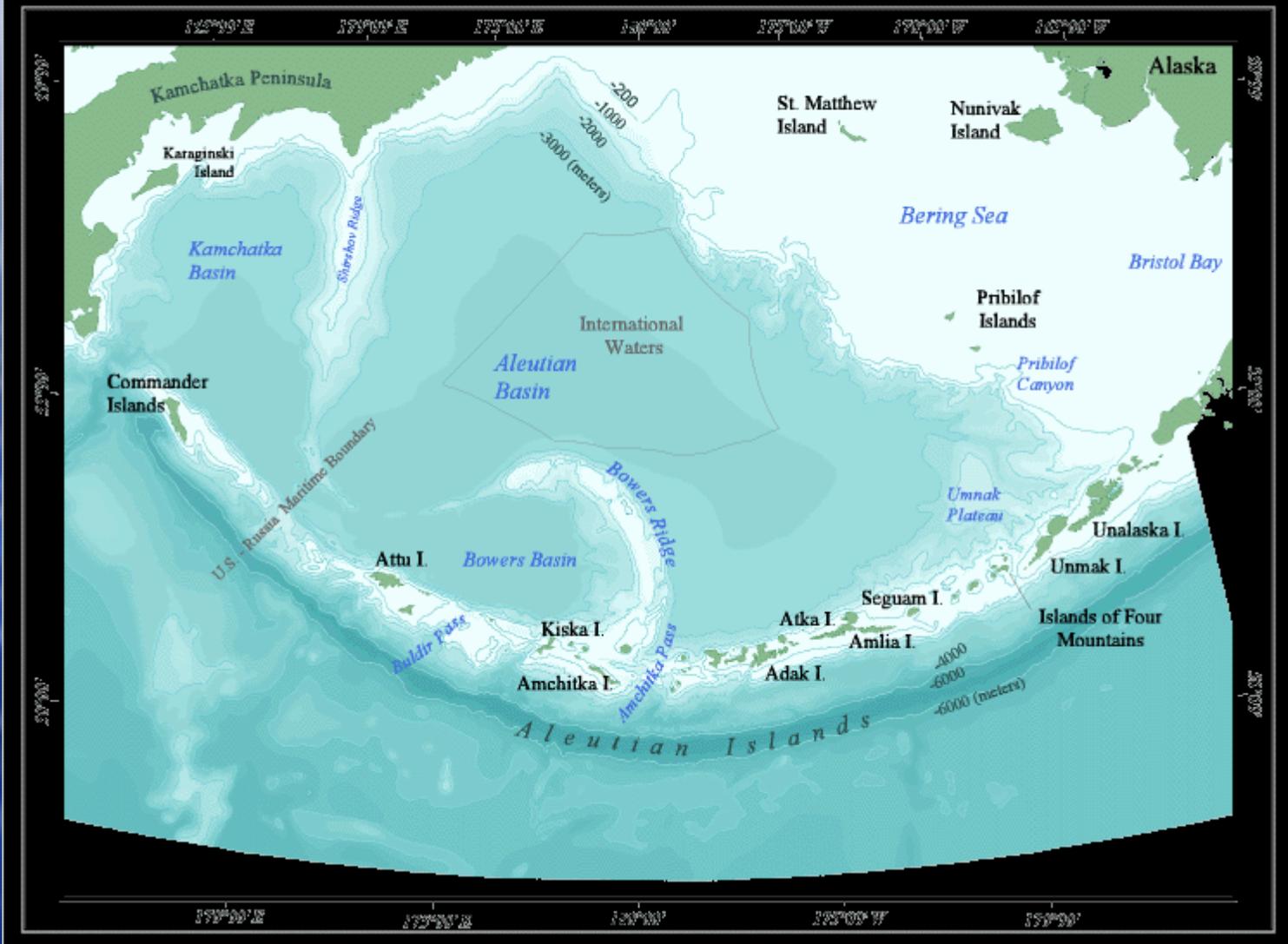
Eastern Aleutian Tribes

Wellness



Gary Ferguson, ND

Physical Geography of the Bering Sea and Aleutian Islands



A history rich in culture,
traditions...

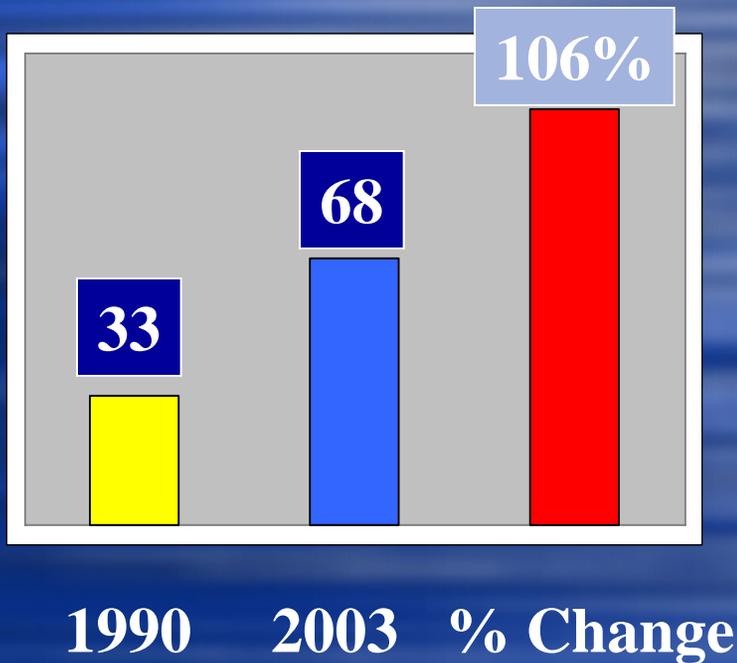
The Unangan/Aleut People



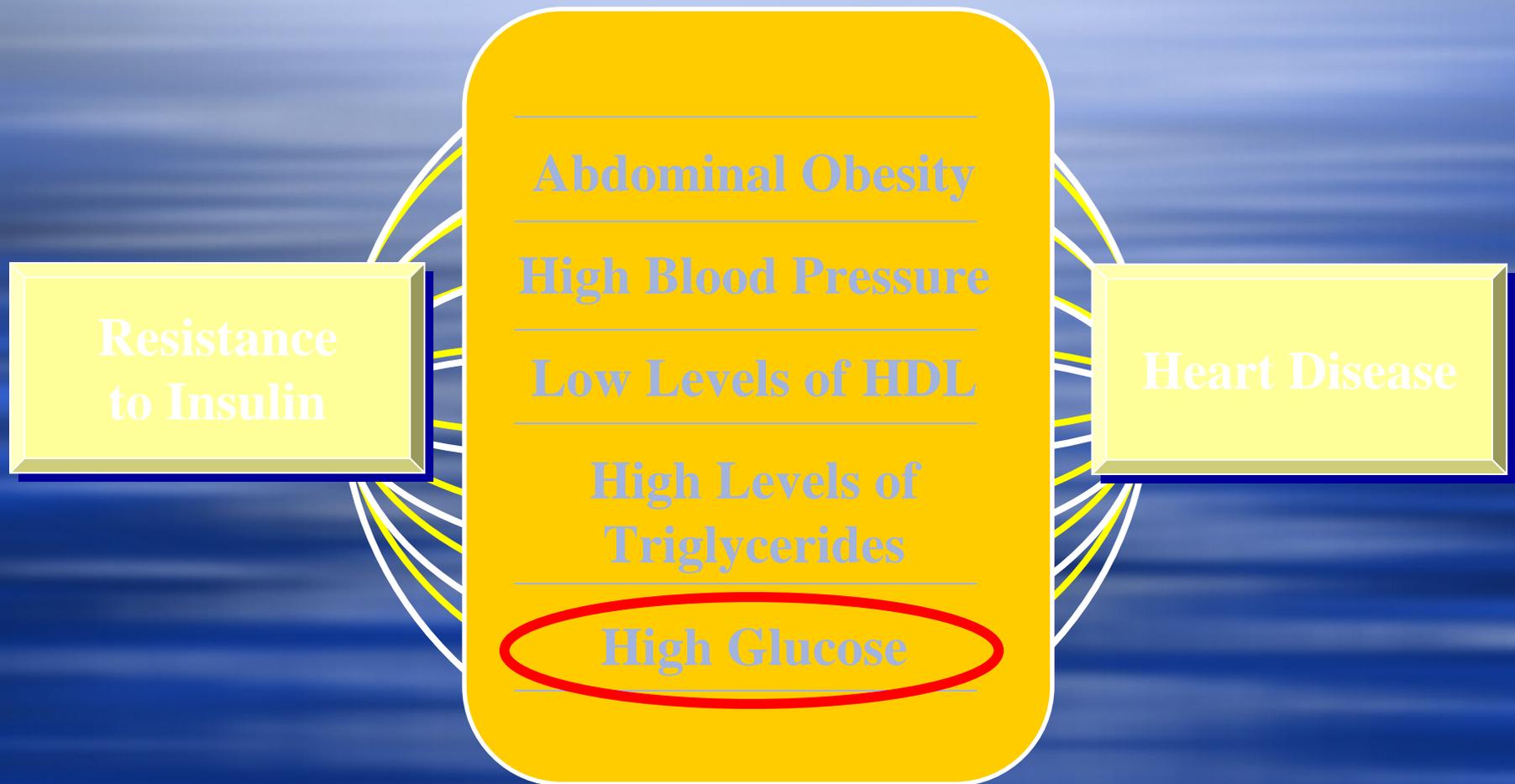
Diabetes Prevalence

Age-Adjusted Rates Per 1,000 (use population)

Aleut Area



The Metabolic Syndrome



“Let foods be your medicine”
-Hippocrates





Kelp - a rich source of minerals

Effect of a short-term diet and exercise intervention on metabolic syndrome in overweight children.



- ◆ High Fiber, Low Fat nutrition plan plus daily aerobic exercise for 2 weeks reversed Metabolic Syndrome.
- ◆ Decreased Fasting Insulin, insulin resistance, LDL cholesterol, and BP

[Metabolism.](#) 2006 Jul; 55(7):871-8

Traditional Food and Plants



An Integrative Team...



Alaska Native Physical Activity Leader Certificate Program

Elders

- ◆ Community Care Technicians
 - ◆ Outreach
 - ◆ Home-based care
- ◆ Greenhouse Model Assisted Living, Anchorage

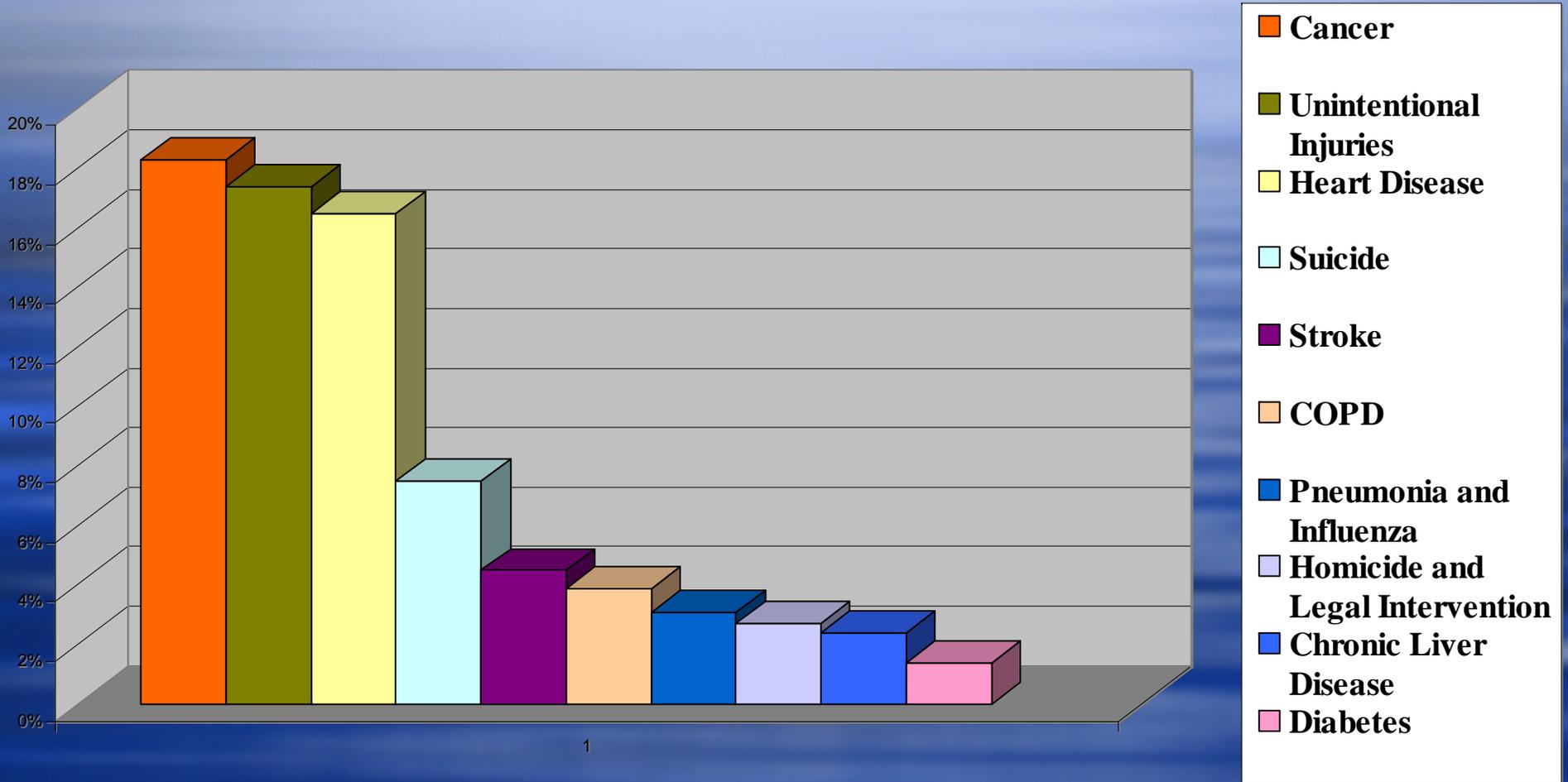


Living Well Alaska

- ◆ Chronic Disease Self Management
- ◆ Evidence-based
- ◆ Partners:
 - ◆ Stanford University
 - ◆ State of Alaska
 - ◆ UAF Cooperative Extension



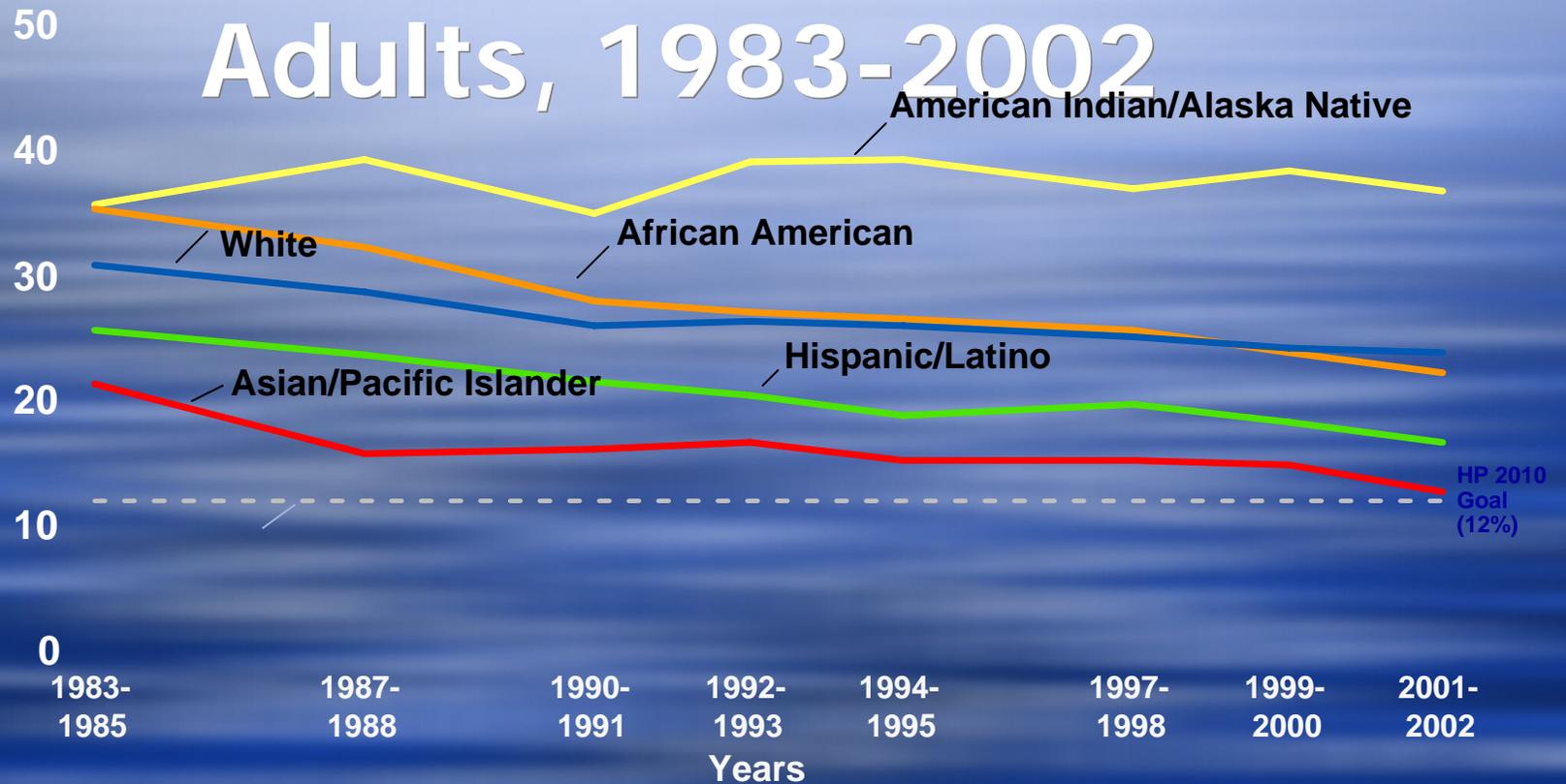
Leading Causes of Death in Alaska Natives 1989-1998



Lanier, Ersham, Sandidge 2002

Cigarette Smoking*

Trends: Adults, 1983-2002



* Smoking on 1 or more of the previous 30 days.

Source: National Health Interview Surveys, 1983-2002, selected years, aggregate data



Akutan School is Tobacco Free!

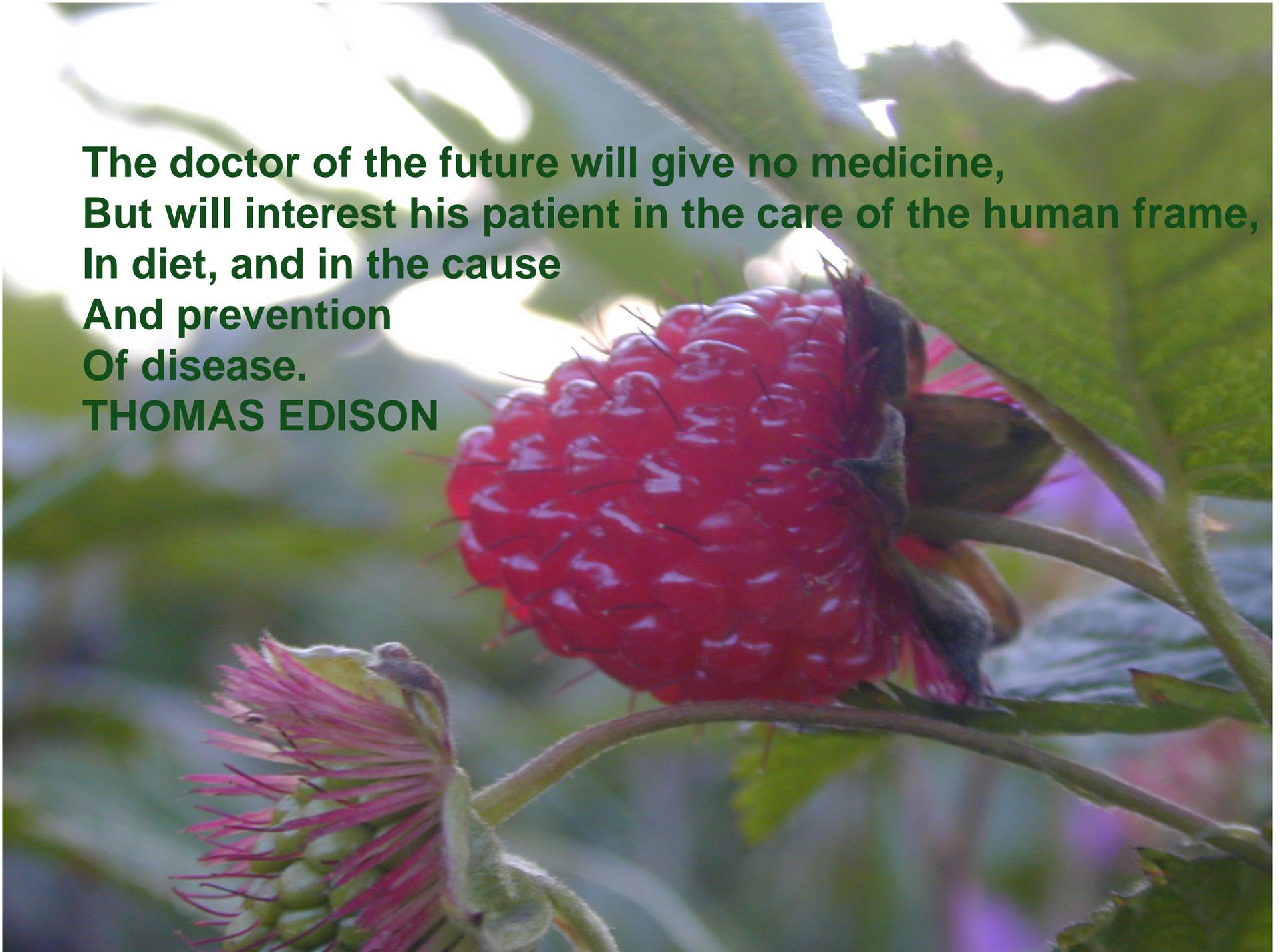
EAT/I.H.S./I.H.I. Chronic Care Collaborative

An opportunity to improve our
quality of healthcare

Choosing the right tool...

Pipe Wrench vs. Torque Wrench

**The doctor of the future will give no medicine,
But will interest his patient in the care of the human frame,
In diet, and in the cause
And prevention
Of disease.
THOMAS EDISON**





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